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Food and Drug Administration
Center for Food Safety and Applied Nutrition
Office of Nutritional Products, Labeling, and Dietary Supplements (HFS-810)
5100 Paint Branch Parkway
College Park, Maryland 20740
Reference phone #301-436-2373

July 2, 2004

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Dear CFSAN:

Pursuant to Section 403(r)(6) of the Federal Food, Drug and Cosmetic Act and Section 101.93 of FDA's regulations, we hereby notify you that we are using the following statement(s):

(1) Name and Address of distributor:

Jarrow Formulas, 1824 South Robertson Blvd., Los Angeles, CA 90035

(2) Statements:

Lignans are a type of naturally occurring phytoestrogens in plants, especially in flaxseed. The major lignan in flaxseed is secoisolariciresinol diglycoside (SDG). Ingested plant lignans are converted by intestinal bacteria to biological (mammalian) forms of lignans, enterodiols and enterolactone. These biologically active mammalian lignans support cardiovascular function, prostate health, bone health, healthy cell replication and hormone balance.

(3) Name of the dietary ingredient(s) if not provided in the text of the statement:

Lignan (from 200 mg LinumLife™ Extra, flaxseed extract standardized at 20% SDG, *Linum usitatissimum*)

(4) Name of the dietary supplement(s):


Flax Essence

(5) The following disclaimer appears on the label in bold:

These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.

These claims are limited to, and a result of, what we believe to be a substantial body of scientific evidence supporting the functional role of the nutrients.

Respectfully submitted,


Peilin Guo, MS, RD
Vice President of Functional Foods and Clinical Research

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